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SEPTEMBER 18, 1914

SAFFORD, ARIZONA

THE NEW PRIMARY

The primary election was a great success. For the first time in the history of political parties in Ari-like to live here. zona the people selected the nomi nees and not the bosses (or the corenough to seek office, had the op- on other lines. portunity to file their nomination papers and get on the ballot.

Undoubtedly there will be complaints and arguments against the primary law, but they will come from those who have heretofore been able to dictate to the rank and file of the different political parties and give orders as to who shall or shall not be candidates for office.

In the old days of the conventions, the slate was always prepared beforehand. The individual who was acceptable to the leader would be named and nominated at the convention. Any man, with firm convictions in the principles of his party and independent enough to assert them, had very little chance for a nomination unless the leaders were perfectly satisfied that he would be pliable if elected.

Under the primary law the political boss has lost his job and the people come into their own and select the man or woman for the office. By this method every man and woman has a fair show to get a nomi nation and stand for an election.

The returns from the first primary were slow getting in for the reason that it took a longer time to count the ballots than it did under the old regime, when the candidates were selected by conventions and only one would be nominated for an

can easily be shortened in this county by creating several polling places in Safford, Thatcher and Pima precincts.

Safford could be divided into three precincts, viz.: The incorporated limits of the town of Safford, Layton and Graham. By hav ing two polling places in Thatcher and two in Pima the number of votes in those two precincts could be counted in less time.

opposed to it and their reasons are easily understood.

THE CAUSE OF WAR

To understand this war you may forget all about Hohenzollern and Hapsburg, Slav and Teuton, Servia and the Archduke Francis Ferdinand A monarch applied the match, but the institution of monarchy had little to do with it. Republican France contributed as much to the conflagration as monarchical Austria, and England almost as much as autocratic

There was a situation in Europe which could issue only in war or disarmament, and efforts in the latter direction were unavailing. Military competition among the great powers had been steadily increasing for ten years until the tension had become almost unbearable. Then came a supreme effort. Germany raised her extraordinary war contribution of a quarter of a billion dollars by drastic special taxes on top of the heavy ordinary taxation. France lengthened the term of active military service from two years to three. Russia adopted a scheme of hugely augmented military expenditure. England lifted her naval appropriations to an unprecedented figure.

A man can't stand on tiptoe indefinitely. Military competition could scarcely be pushed further.

There must be a let-down or a fight. The proximate cause-Austria's irritation against Servia-was trivial everywhere by the military class and did wonders for my rheumatism, the most useful of all animals, the the noisy few who find a profit in recommended it to my friends as No wonder the East Indian rewar. The grand stock in trade of the best liniment I ever used." gards the cow as sacred, and as a

The Guardian barous patriotism which is merely a nodern extension of the tribal sentiment that made the Indian who lived on the south side of the creek consider it a pious duty to kill one liv. The Dairy Cow Most Useful ing on the north side whenever he got a chance. Whatever the cost of this war, there will be another some day if Frenchmen are still taught to hate Germans, Germans to hate Russians, and so on. - Saturday Evening Past.

> construction and another one being planned on which work will start at houses they would find tenants in quick time. Homes are greatly needed and inquiries are coming in every day from people who would

Three robberies in one neek is porations through the bosses), and going some for a town like ours. every man or woman, ambitious but we would rather acquire fame

BEHOLD YOUR SONS

The nursling man-gods, bore of woman's She closely scans, in fear of sprout-

Her joy unbounds when like a fledgling

She vests them with the sweetness of

Woman, behold your sons.

Athirst for human blood, declare for

The many march! too dull to ask what

weep!)
To bless their battle ships and blighting guns; (In ignorance unmeasured fathoms

Woman, behold you sons.

Upon the battle field, with labored breath.

And under the first avalanche of Death, Too late, too late, they learn that The human self, the fighters feel no

Mad fury speeds along on belching guns, While shrapnel tears through flesh the Woman, behold your sons.

Are hid from view by mounds of mangled dead.

On vagrant winds, for miles around

The time for counting the ballots The mingled blood of yesters crimson Dries dark on hand death clinched on

> Perched on torn breasts the feasting vultures scream Woman, behold your sons.
>
> - MARY QUINLAN LAUGULIN.

Arizona Ranks Third in List

The records of the Forest Service show that the net receipts from na-Mexico during the fiscal year ending The people have no kick coming June 30, 1914, were \$429,188 84 on the new primary law, only those This amount includes the school who cannot dictate nominations are fund, which is \$40,621.52, leaving \$388,567.32 as available net receipts Of these available receipts Arizona and New Mexico received 25 per energizers and flesh tormers seem to cent, or \$97,141.83, to be expended be wonderfully well balanced in pork for schools and roads, and an addi- and beans, for the man requiring tional 10 per cent, or \$38,856.74, for within the national forests of these as in cow's milk states—a total of \$135,998 57.

of \$260,007.34,

Wood Resigns as

C. B. Wood, who has been appointed postmaster of Phoenix, has and for the same amount of food in resigned as secretary of the State Fair Commission.

Mr. Woods is succeeded by Thos. business man of Phoenix

Mr. Wood will still be connected with the fair as superintendent of speed of harness races.

scribers at this time, we will send food in our milk. The El Paso Herald for three months It is not what we put into our and The People's Popular Monthly stomachs that really counts as food; a whole year for only \$1.80. El it is what we digest and assimilate,

Rheumatism Pains Stopped

A FOOD PRODUCER

of all Animals in Our **Economic Civilization**

Milk is the most indispensable and valuable of all foods. Were there no other foods upon this earth we One new business building under could live alone on cow's milk. It has within it the constituents, well balanced, to supply every want of the body, and by its intelligent and once, is the record for this week. free use the Bulgarian lives more Now if some one would get busy than the allotted span of three score and build about a dozen rentable years and ten, for in the Bulgarian vidage the man and woman 100 and even 125 years of age, are encoun-

The average contents of milk are water, 87.4 per cent; fat, 3.7 per cent; casein and albumen, milk sugar. per cent, and ash, 0.7 per cent. Roundly speaking, milk has about 13 parts of solid food and 87 parts of water. Let us see what food value these solids of milk possess: The water in the milk we must have as a dilutant for the organs of the body. The cream, or fat, imparts heat and energy to the body. Al fats and oils and sugars and starches build up fat and are energizers. Lean meat is an energizer, but as such butter is about two and one-They bill and coo with lullaby she hait times more valuable. The lean meat, the casein (cheese) of mik and the gotten of vegetables and The stream of mother-love, so deeply cereals, all of these impart energy Dairy Review. also, but do more than that in fact, She hears, on every changing wind that they do what fat, oil, starch and sugar cannot do, rebuild, upbuild, Homesteads in resupply the waste caused by com-Anon, a few gross, pampered Sons of bustion constantly going on in the body. So the casein and album in in milk, besides imparting energy, Like shambled sheep that follow any they make muscle, tencon, skin, hair and nais. A gallon of cream consumed per day, cream devoid of any Priests pray the living God (Oh, angels casein, could not do what a pint of the Interior and will shortly be we could not live indefinitely upon poses. Advancing colums pour a sweeping any more than we could live solely in the Crook National Forest was on the lean of meat or the gluten of favorably acted upon during the potato; t cup milk, or more wheat, without sadly imparing our month of August is: bodily condition.

Cow's milk has to it a peculiar balance, so necessary in proper nuquantity depending upon the re- Mexico quirements of the physical consumer. Foe charges foe," till hillock, vale The body requirements change from Chambrelain's Colic, Cholera intancy, all through life into old age, because of occupation and bodily As hours drag by, an overwhelming waste requiring more or less of one thing than another, less of energizers and vice versa.

anced the same in each case. The sale by Safford Drug Co. adv-29 4t tremendous meal of pork and beans tucked under the belt of the lumberjack, who works all day in a 20 to 40 degrees below zero atmosphere, felling timber, in his shirt sleeves, and sweating at every pore, would, if consumed by a sedentary man, tional forests in Arizona and New produce convulsions and death. Yet the high protein content of the bean, the fat of the pork and the carbohydrates in the beans, in practice a balance has been perfected that will keep the laborer healthy and vigorous to a surprising extent. The that kind of a diet. But in no food the construction of roads and trails is such a pefect balance maintained

Milk does not shirk in the cooking The State of Arizona ranked third as does beef, for instance, eight in total receipts, which were \$253. pounds of raw beef becoming but 593.36. Montana ranked first, with six and one-half pounds after boilreceipts amounting to \$347,344.25, ing, five and one-half pounds after and California second, with a total baking and but four pounds five ounces after roasting.

I have always contended that the dairyman, not receiving what he thought was a decent price per quart for his milk, felt less responsibility Secretary of Fair as to giving decent, clean and safe milk. To illustrate: We pay eight eggs, represented in that quart of milk we pay 8 cents for, costs us 29 D. Shaughnessy, a prominent young If we traded a quart bottle of milk for eggs we should get ten eggs. We must pay 15 cents for enough meat (at 22 cents per pound) to equal the food in an eight cents per quart bottle of milk. In other words, Special European War Offer the food in our meat costs us nearly As a special inducement to sub- 200 per cent more than does the

Paso Herald, El Paso, Texas. adv. and of all foods there is none ingested that is so completely digested and assimilated as cow's milk.

The first application of Sloan's The dairy cow is the most useful Liniment goes right to the painful of all animals. A cow giving 8,000 part—it penetrates without rubbing pounds of milk per year furnishes -it stops the rheumatic pains around over 960 pounds, or say, 1,000 pounds the joints and gives relief and com- of real food. It takes a year for a fort. Don't suffer! Get a bottle steer to add 500 pounds of weight today! It is a family medicine for to its body and that 500 pounds reall pains, hurts, bruises, cuts, sore duced to a real food basis, as done enough. But the real cause was na- throat, neuralgia and chest pains, with milk, represents at most 75 to tional jealousy, suspicion and hatred Prevents infection. Mr. Chas. H. 80 pounds of food value as compared -carefully nursed and exploited Wentworth, California, writes:-"It with the 1,000 pounds furnished by

these fomenters of war is that bar- Guaranteed. 25c. at your druggist. member of the family, is so treated.

ANNOUNCEMENT



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The Famous Store ELI KRUPP, Prop., Safford

The dairy cow is a great factor in our economic civilization.-Pacific

National Forest

During the month of August total of 18 acres of land within the Crook National Forest, Arzona, were listed with the Secretary of milk could do in a flesh forming opened to entry under the Forest way. But despite the value of casem Homestead Act. The land thus and albumen as a food, nitrogenous listed was examined by a forest ofmatter also represented by the lean ficer and found to be more valuable of meat and the gluten of cereals, for agriculture than for forest pur-

the casein (cheese) of milk alone, The person whose application with-

A. A. King, Globe, Arizona In addition to this, 3,902 acres were listed to applicants within other trition, that no other food possesses. national forests in Arizona, and 2,512 The balanced ration is a changeable acres within national forests in New

and Diarrhoea Remedy

"I advised the 'boys' when they enlisted for the Spanish war to take and more of protein, flesh formers Chamberlain's Colic, Cholera and Diarrhoea Remedy with them, and The man at his desk, the clerk in have received many thanks for the it sinks to the bottom. As soon as it comes the store, the man doing hard man- advice given," writes J. H. Hough uar labor in the lumber camp, the land, Eldon, Iowa, "No rerson mine or on the railroad construction whether traveling or at home should and will stay moist for days. gang, their diet should not be bai- be without this great remedy." For

Ranchers within and adjacent to the Sierra National Forest, California, have formed a co-operative



Doughnuts That will remain moist,

Every housewife who bakes her own bread knows that if a little potato is added to the sponge, the bread will not dry out as quickly. In this recipe potato is utilized to make doughnuts that will remain moist and fresh for several days.

K C will be found to have distinct advantages over any other Baking Powder for doughnuts. K C is a double acting baking powder with which a large batch of doughnuts may be mixed and fried a few at a time. The last will be as light and nice

K C Potato Doughnuts By Mrs. Nevada Briggs, of Baking



Sift three times, the flour, salt, spice and baking Powder. Beat eggs with rotary beater, then still using rotary beater, gradually add sugar, then work in the mashed potato with a spoon and alternately add milk and flour mixture. Make a soft dough, roll into a sheet, cut into rounds, pinch a hole in the center with the finger and fry in deep fat.

Fat for frying should not be hot enough brown the doughnut until it has risen. up it should be turned and turned a number of times while cooking. This recipe is ex-

Acute Indigestion

"I was annoyed for over a year by attacks of acute indigestion, followed by constipation," writes Mrs. M. J. association for the prevention of Gallagher, Geneva, N. Y. "I tried forest fires. They need to use fire everything that was recommended in clearing land for farming and to me for this complaint but nothwill de it on a community basis, did me much good until about four with all members present to prevent months ago I saw Chamberlain's Tablets advertised and procured a bottle of them from our druggist. I soon realized that I had gotten the right thing for they helped me at once. Since taking two bottles of them I can eat heartily without any bad effects." Sold by Safford Drug adv-29-4t

> Nearly 3 million young trees are being set out this spring on the National Forests of northern Idaho and Montana. On the St. Joe National Forest in Idaho three thousand acres will be planted.

McDonald's Salt Lake Chocolates at THE PALMS.

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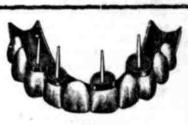
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SAFFORD, ARITONA

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SAFFORD, ARIZONA

Lighting Rates

For a monthly consumption of 6.66 KWH or less. All in excess of 6.66 KWH consumed in one month Electric current for electric irons, electric fans and other electric appliances, if taken from the lighting circuit, will be charged for at the lighting rates, provided, however, that a consumer may avail himself of a cheaper rate by installing, at his own expense, a separate circuit and meter, in which case the following rates will apply:

Current for Electric Irons, Fans, Etc.

For the first 5 KWH consumed in any one month.

For the next 5 KWH consumed in any one month.

All in excess of 30 KWH consumed in any one month. \$.2 -2 per KWH

Power Rates, Day Service

per KWH per KWH per KWH per KWH For the first 00 KWH consumed in any one month For the next 00 KWH consumed in any one month For the next 250 KWH consumed in any one month For the next 250 KWH consumed in any one month \$.06 For the next 300 KWH consumed in any one month All in excess of ,000 KWH consumed in any one month \$.03 -2 per KWH A monthly minimum charge of \$.00 for one horse power or less, and 50 cents for each additional horse power of connecting load shall be made. This minimum, however, shall not be charged in addition to the above

Sign Lighting Special rates can be had for sign lighting by applying to the office of

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